

Hustle your bustle! Walk faster for better health



If you're a fitness class aficionado, enjoy swimming laps at the pool, or love to participate in organized bike rides, keep up the fantastic work! But if you like low-tech, easy-access exercise you can do right outside your door, you're in good company. Our most basic form of movement, walking, is the most popular form of exercise in the U.S. and an excellent way to maintain good health or improve your health. And all you need is a good pair of walking shoes! If you already have a walking routine, it may be time to pick up the pace. New research suggests that walking faster could help you live longer. Researchers determined that people who walk at a brisk or moderate pace have a lower risk of premature death, from any cause and from heart disease in particular, than those who walk more

slowly. On average, walking 3 to 4.5 miles per hour on a level surface is considered moderate to brisk walking. But the ideal pace depends on factors such as your fitness level and leg length, and whether the ground you're walking on is hilly or flat. Walk fast enough that you're slightly out of breath and sweaty, and you'll be in the "moderate to brisk" zone. If you're just beginning a walking routine, start with a manageable amount of time, even five or ten minutes. (Talk with your doctor first if you have a chronic health condition.) Work up to 30 minutes five days a week and then 10,000 steps every day, no excuses, and make it fun and hold yourself accountable by meeting up with a friend or neighbor.

Walking and talking is the kind of multitasking we fully support!